

Cesar & Ralph

GRACIE



THE COMPLETE INSTRUCTIONAL MANUAL

GRACIE

INSTRUCTIONAL MANUAL

by
CESAR GRACIE
AND
RALPH GRACIE

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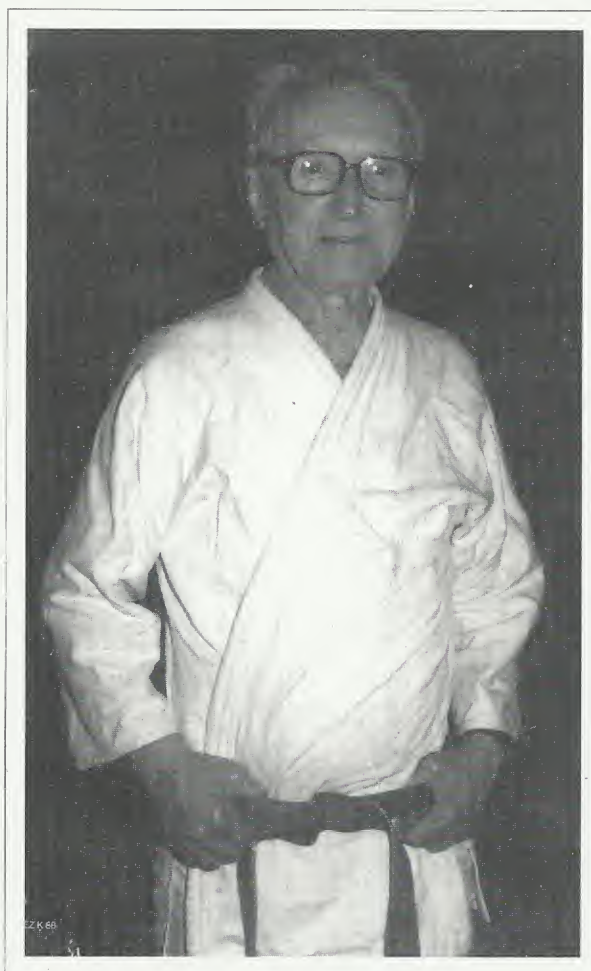
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Carlos Gracie Sr.

Ralph and Cesar Gracie dedicate this book in memory of the late Carlos Gracie Sr., the founder of the world's most effective martial art.

The Gracie Story

There are few martial artists in the world who have not heard of the legendary Gracie family. This amazing family has also changed forever the way the world views martial arts. The Gracies' unique style of grappling, called Gracie style Jiu-jitsu, or Brazilian Jiu-jitsu, utilizes the fundamental theory that most street fights will end up on the ground. Armed with this simple fact, the Gracies created a system of fighting that has allowed them to remain undefeated in no-holds-barred fights for nearly 70 years. Even more amazing is the length of time that Brazilian Jiu-jitsu has kept itself hidden from the rest of the world, while multiplying in popularity in Brazil. It has only been recently that Brazilian Jiu-jitsu has received major recognition from the international martial arts community.

Brazilian Jiu-jitsu has quickly become the most requested and sought-out martial art in the world. Many detractors are quick to claim that Brazilian Jiu-jitsu is just the fad martial art of the 1990's. Time will be the only true test of this. However, there is one major difference that separates Brazilian Jiu-jitsu from martial arts fads and that is the reason behind Brazilian Jiu-jitsu's rise in popularity. Brazilian Jiu-jitsu's reputation has not been manufactured and packaged from Hollywood, it has come out of effective FIGHTING.

The respect the Gracies enjoy today has been earned one fight at a time. The magic

of Brazilian Jiu-jitsu is not derived from good camera angles and cooperating stuntmen, but rather from its simplicity and chilling efficiency in real fights. Once the novelty has worn off, people will realize that combat-efficient fighting is timeless and Brazilian Jiu-jitsu will be sought after as long as people want to learn how to realistically defend themselves. To truly understand this art that has taken on a legendary status, we need to examine its amazing history and the fighters that created what we now know today as Brazilian Jiu-jitsu. Brazilian Jiu-jitsu traces its roots back to the Japanese Jiu-jitsu systems used and developed by the Samurai. Japanese Jiu-jitsu, in this form, was a vast system of martial arts, consisting of strikes, throws, joint locks, chokes, and the use of weaponry. Eventually, Japanese Jiu-jitsu would fragment into many different styles of fighting that utilized only one or more of its strategies. Two examples would be Judo, a style that uses mainly throws and grappling, and Aikido, a system that uses throws and weapons.

In 1882, Jigoro Kano, a practitioner of both Tenshin Shin'yo-ryu Aiki-jiujitsu and Kito-ryu Jiu-jitsu, decided that Jiu-jitsu needed to be refined into a more practical and safer art if Jiu-jitsu was to survive in the modern day. He called this new style Judo or "gentle way." The focus of the art



would be on self-improvement instead of combat effectiveness. Moreover, Judo's emphasis would be more on the throws, ground grappling, and empty handed striking of jiu-jitsu.

Because much of a Judo practitioner's time would be spent on the ground, Judo practitioners developed strong submission skills--arm locks and chokes--to finish their opponents. Not only would Judo be

accepted, it would become one of the most widely practiced martial arts of all time. It would be Mitsuyo Maeda (1880-1941), a direct student of Jigoro Kano who would bring these same principles of ground fighting to Brazil. Maeda, also known as "Count Koma," was an expert in both classical Jiu-jitsu (Tenshin Shin'yo-ryu) and Kano's Judo. Maeda was very competitive and loved a good match to

test his skills, and often participated in full contact Jiu-jitsu matches. He was a relatively small man by today's standards, standing about 5'5" and weighing 154 pounds. Even so, his technique was so superior that he was said to remain undefeated for over 1000 matches.

It was in the year 1915 that Maeda's travels led him to Brazil. However, Maeda's underlying motive for going to Brazil has been a matter of speculation. One theory is that Maeda was expelled from Kano's Kodokan for prize fighting. Another is that he went to Brazil to establish a Japanese colony. Regardless, it was at this time that he would first come into contact with Gastao Gracie, a Brazilian scholar and politician. Apparently, Gastao would befriend Maeda and help him in his attempt to establish the colony. To show his gratitude, Maeda decided to teach classical Jiu-jitsu and Kano's Judo to Gastao's 17 year old son, Carlos Gracie. If he could only have known that this single gesture of thanks, teaching Carlos Gracie, would snowball into what we now know as the most effective grappling system of all time, Brazilian Jiu-jitsu.

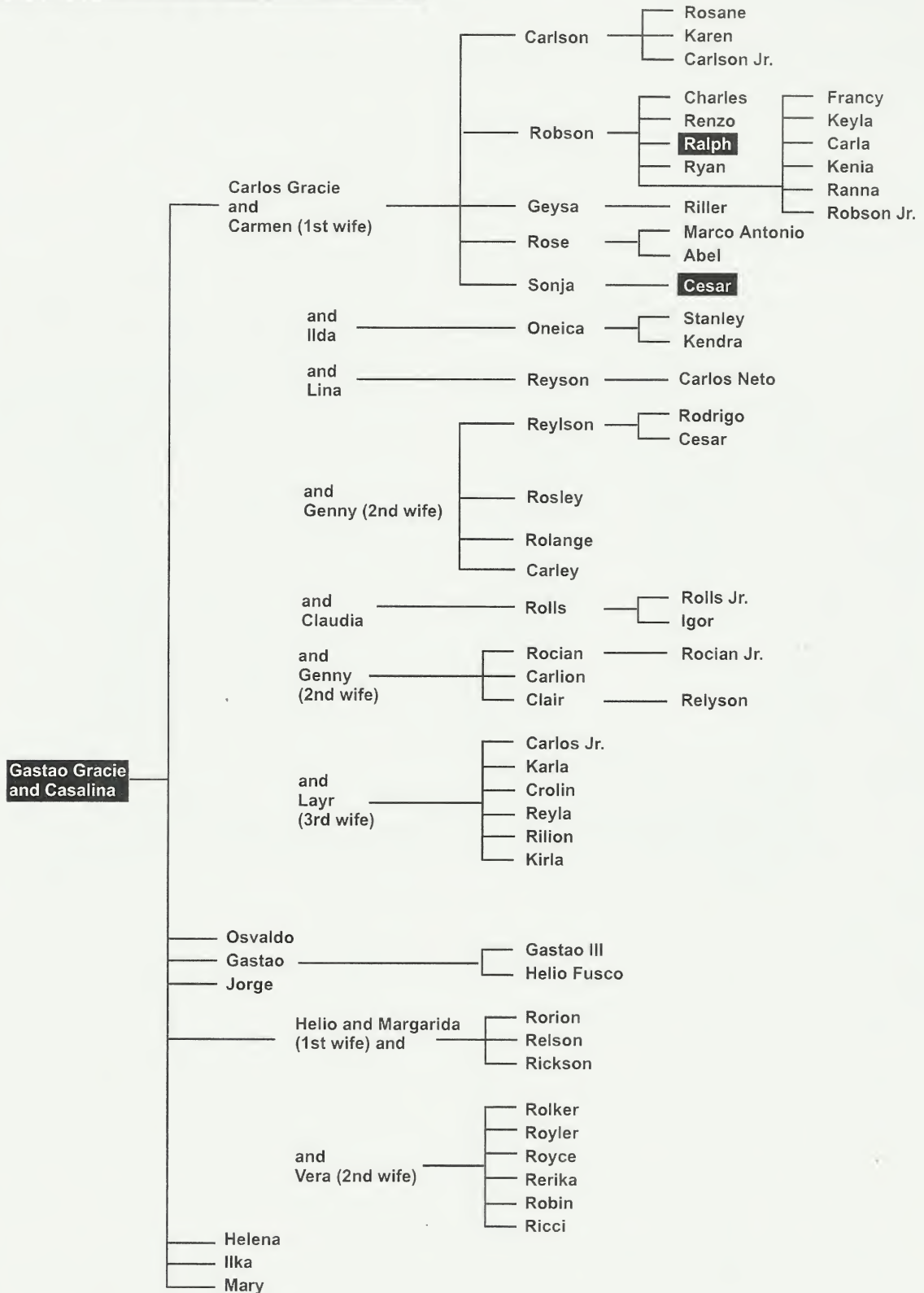
You see, Carlos would turn out to be no ordinary student. He was interested in learning more than just what Japanese Jiu-jitsu had to offer. He was looking to develop techniques that would work in real fights, regardless of the opponent's size or strength. Maeda's Jiu-jitsu had the perfect foundation he was looking for with its bone breaking submissions and lethal chokes. Carlos took the techniques taught to him by Maeda and refined them by fighting in hundreds of no-rules fights. He kept only the techniques that he found to work and invented hundreds more that could be used successfully in his

rugged no-rules style of fighting. He challenged anyone who would fight him in order to test and refine his Jiu-jitsu. He accepted all challenges regardless of his opponent's size, weight, or ability, and even posted ads in the newspapers looking for opponents. One, now famous, ad from the 1920's reads: "If you want your face beaten and well smashed and your arms broken, contact Carlos Gracie at this address" Even more amazing was the fact that this intimidating man weighed a mere 135 pounds.

On top of his amazing grappling skill, Carlos was also an avid boxer and in the 1920's he would reign as a Brazilian boxing champion. Carlos opened his first academy of Jiu-jitsu in 1925 in Belem (in northern Brazil) with his younger brothers Oswaldo, Gastao, Jorge, and Helio.

Eventually Carlos Gracie would retire a legend, with a remarkable record of over 600 undefeated fights. With 21 children, Carlos would leave a dynasty of future fighters that would carry on the Gracie name and tradition into the present day. Today many of these Gracie relatives are spreading the knowledge of the late Jiu-jitsu master worldwide. This book is designed to present an overview of Brazilian Jiu-jitsu as taught by Ralph and Cesar Gracie, two of the Gracie family's most popular fighters today and grandchildren of the legendary Carlos Gracie.

GRACIE FAMILY TREE



Ralph and Cesar Gracie

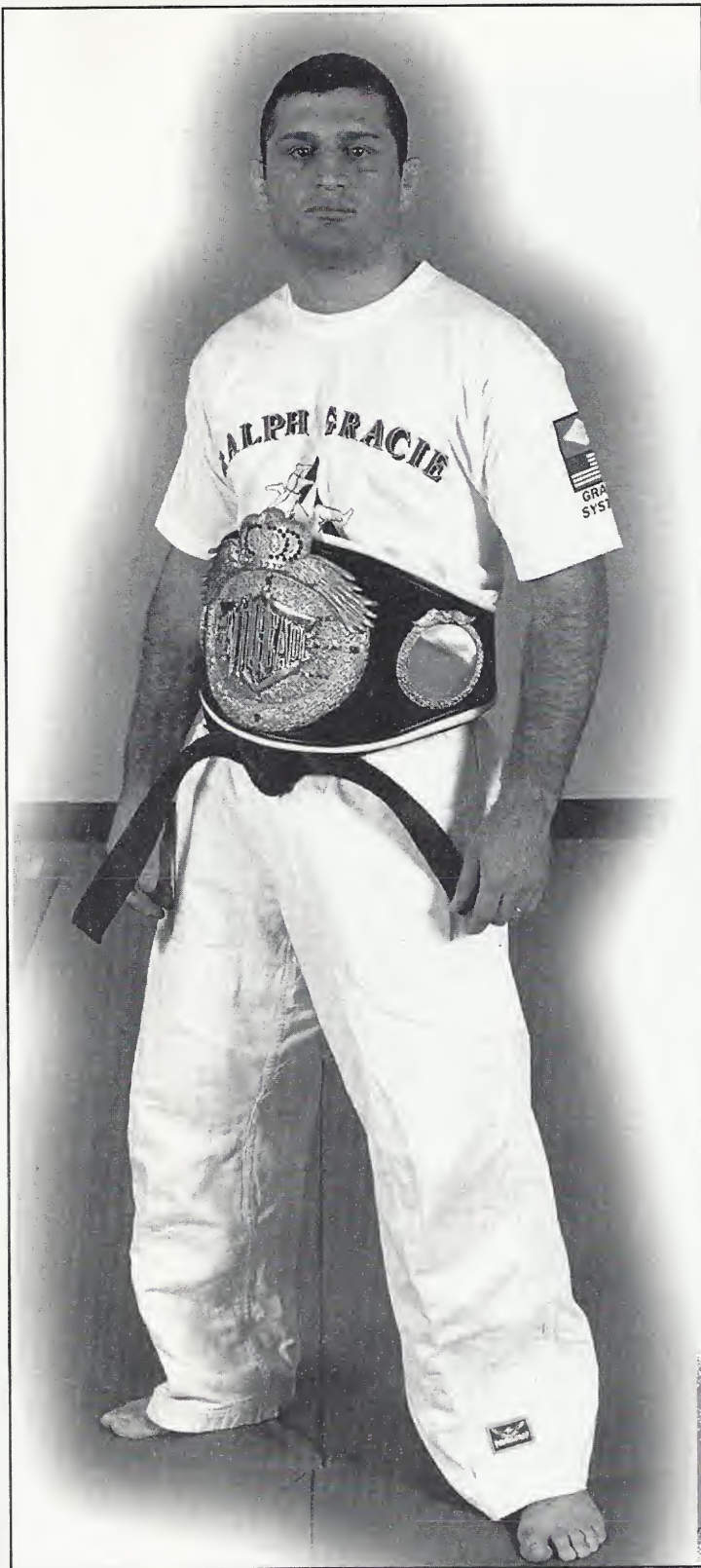


The early days, (from left to right) Ralph Gracie, Carlson Gracie Jr. and Renzo Gracie

Ralph and Cesar Gracie can be found teaching their unique style of Jiu-jitsu in the California area. As a matter of fact, at the time of this book going to press, most of the Gracie style instructors have settled in the state of California. This is mostly due to the similar climate that California shares with their home country of Brazil.

Early in 1994, Cesar Gracie decided to establish the first of a series of schools that he would own and operate. Cesar's first school would be located in Pleasant Hill, CA, a suburb just outside of San Francisco. Ralph would join him there about a year later. Together, they would

then open their second school located in mountain view CA. Both schools are now receiving major world wide recognition due to the enormous success that they and their students have had in competition. Ralph is actively competing in numerous no-hold-barred events with great success. Some of these have been nationally televised pay-per-view events. All of this fits neatly into their well organized plan to spread the word of Jiu-jitsu. As this quest continues on, Ralph and Cesar invite you to join them at one of their incredible instructional seminars or to stop in at one of the academies.



Ralph Gracie

Name: Ralph Gracie

Birth place: Rio de Janeiro, Brazil

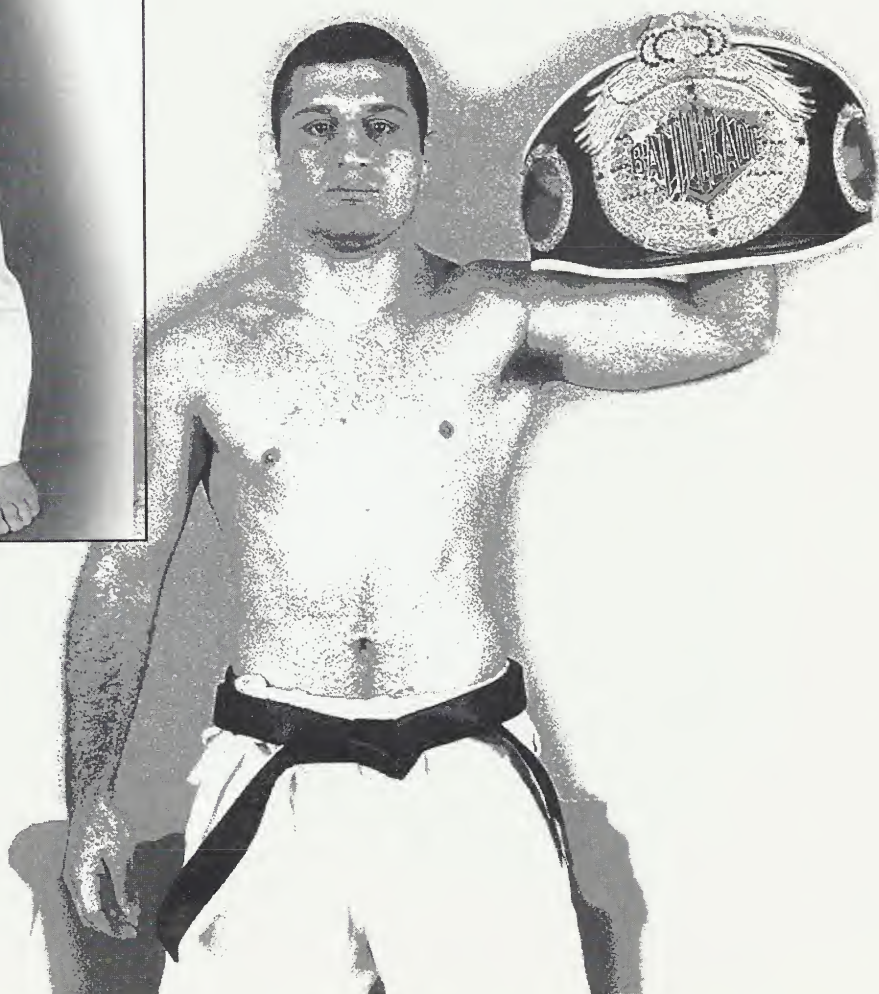
Age: 25

Years Training: 21 years

Awarded Black Belt: 1991

First Instructor: Robson Gracie (father)

Vale Tudo Record: Undefeated



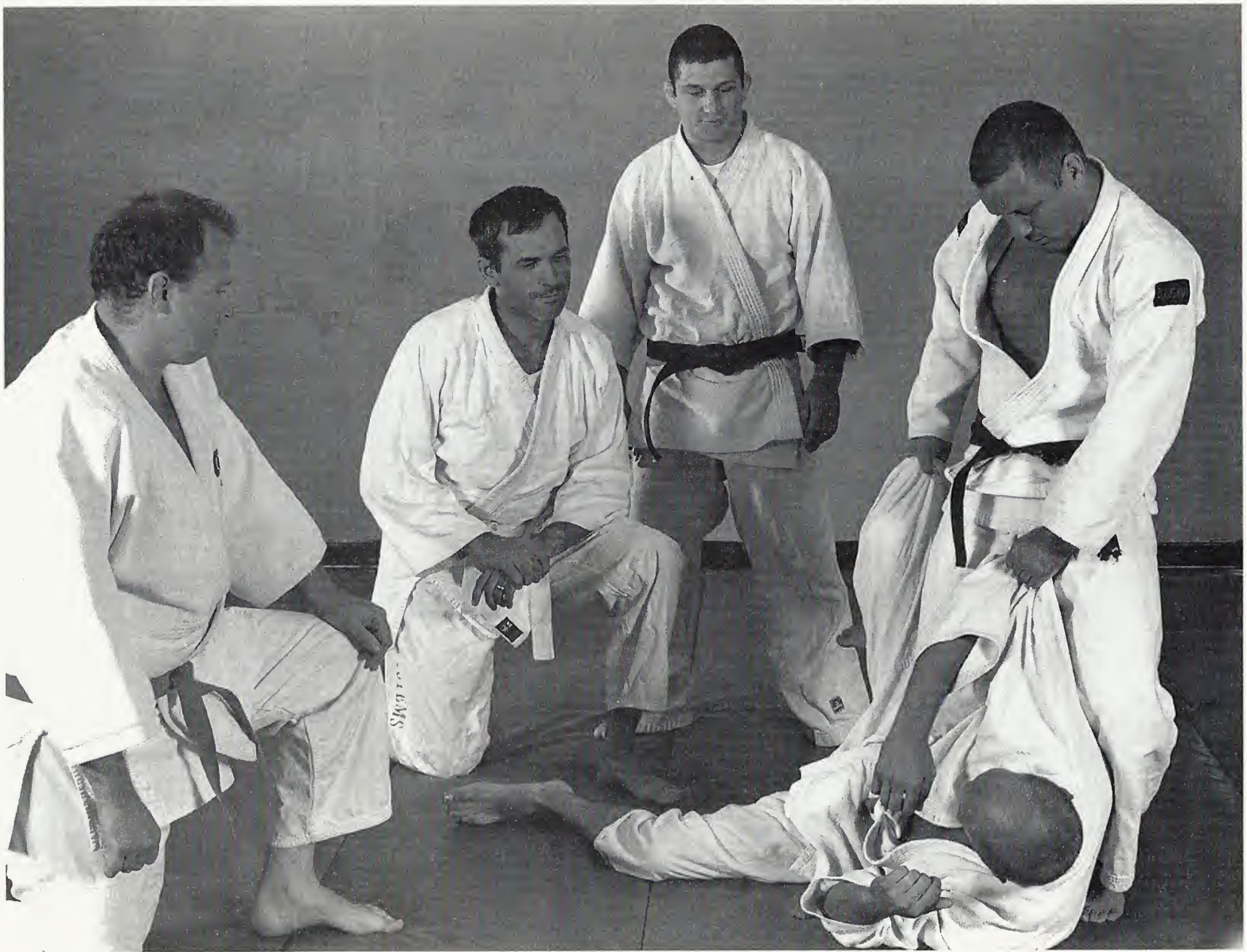
Cesar Gracie



Name: Cesar Gracie
Birthplace: Rio de Janeiro, Brazil
Age: 30
Years Training: 15
Awarded Black Belt: 1992
First Instructor: Rilion Gracie
Vale Tudo Record: Undefeated



By the time Ralph Gracie arrived to the US, Cesar, who had preceded him a few years earlier, was already making a name for himself teaching Jiu-Jitsu. Here he is shown with the famous martial art movie star Richard Norton (1990).



Cesar Gracie demonstrating a Jiu-Jitsu technique to his class as Raph Gracie looks on.

Major Positions In Jiu-jitsu

The Mount



The Side Mount



The Back Mount



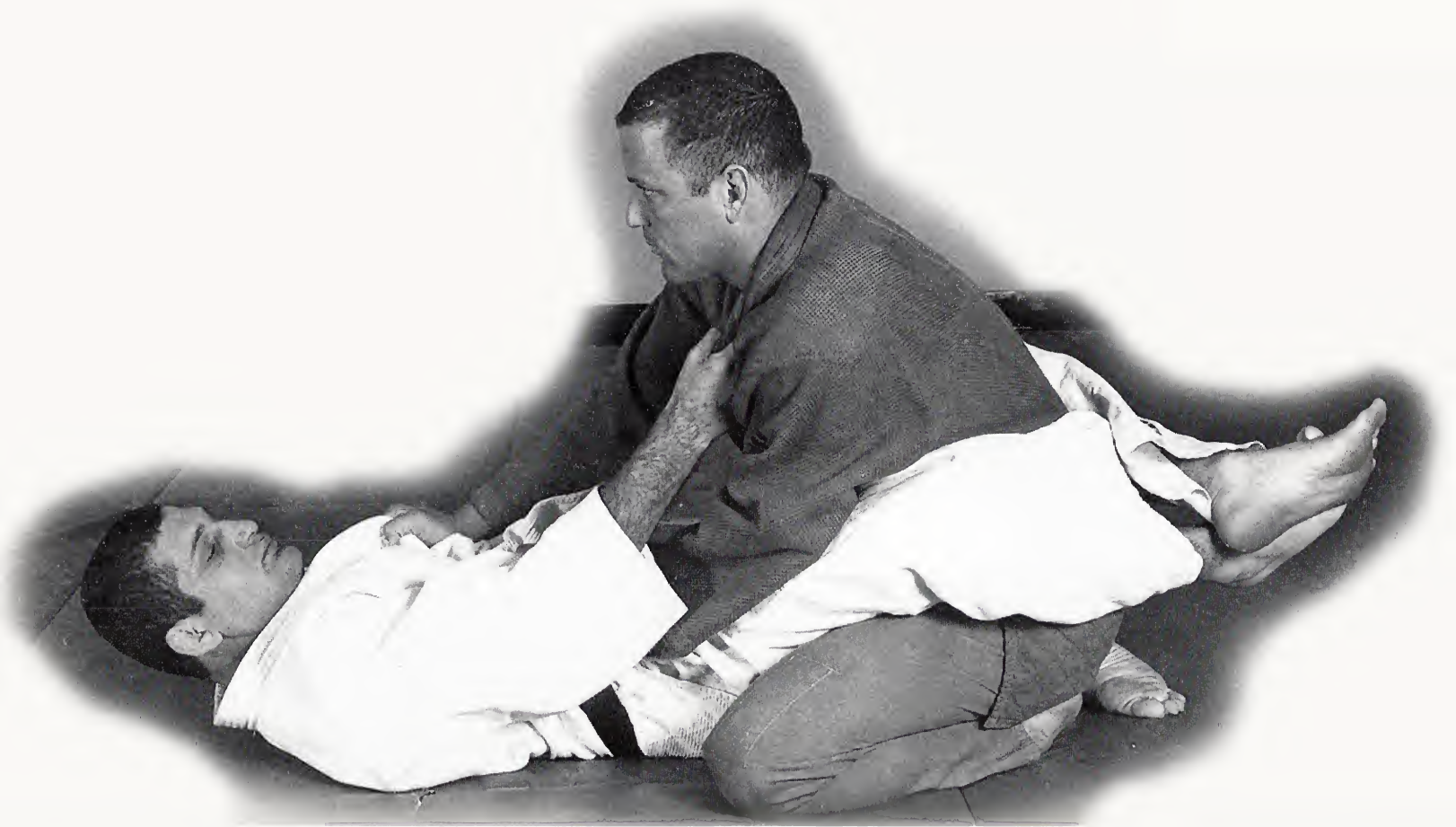
The Cross Side



The Knee On Stomach



The Guard



The Open Guard



Getting The Back



Technique 1

Technique

1

Technique 1 is a takedown that can be used when your opponent attempts to punch you. This is a classic Jiu-jitsu takedown, slipping the punch and taking the opponent down when he is off balance. Starting with photo 1, Cesar throws a left hook. Ralph then slips under the punch, photo 2, and shoots in to get hold of Cesar's legs, photo 3. Ralph then lifts Cesar up, photo 4, rolls him off his shoulder, photo 5, and dumps him on the ground, photo 6. Notice how as Ralph dropped Cesar down, he maintained control of his legs.

Photo 1

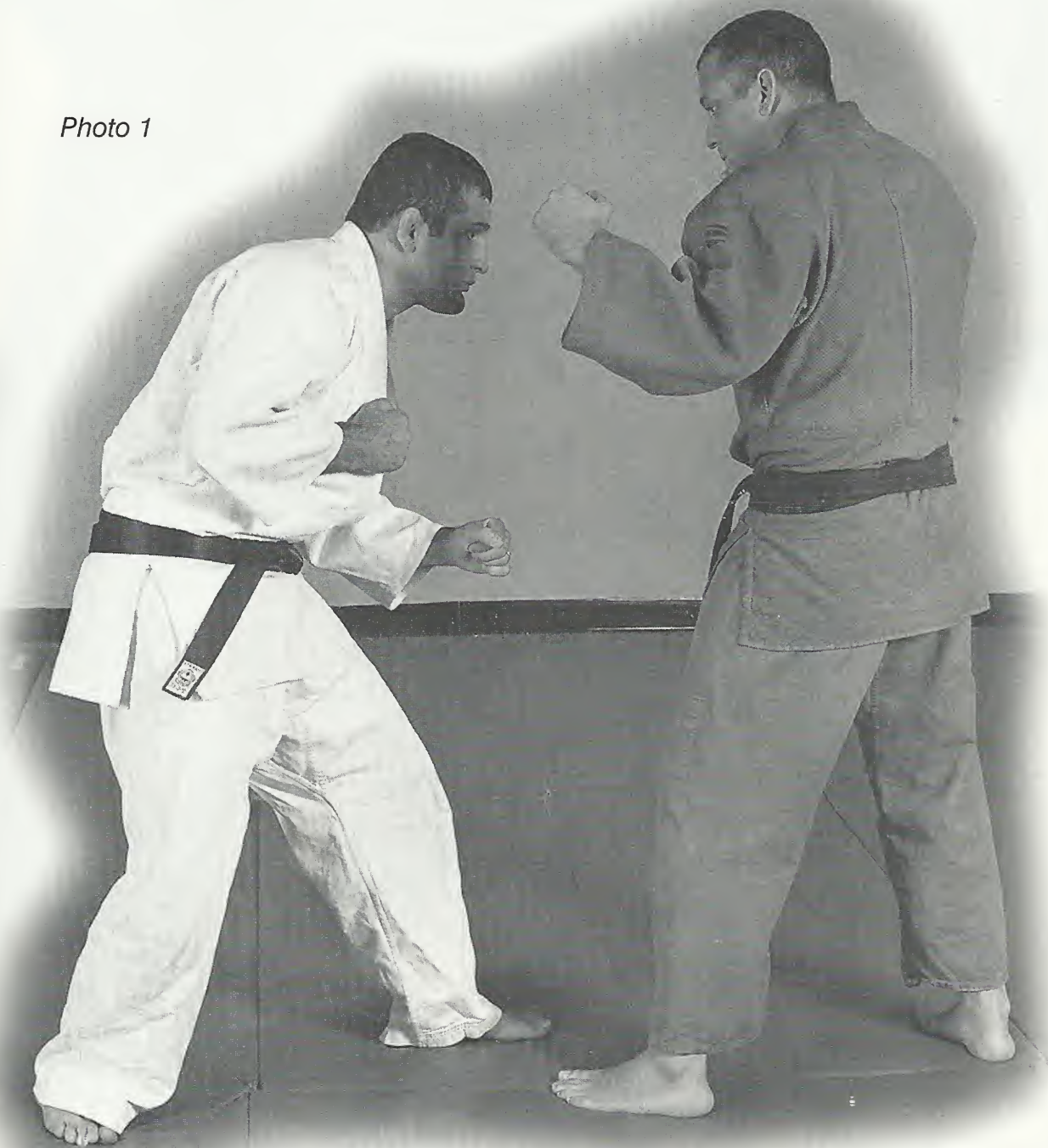


Photo 2

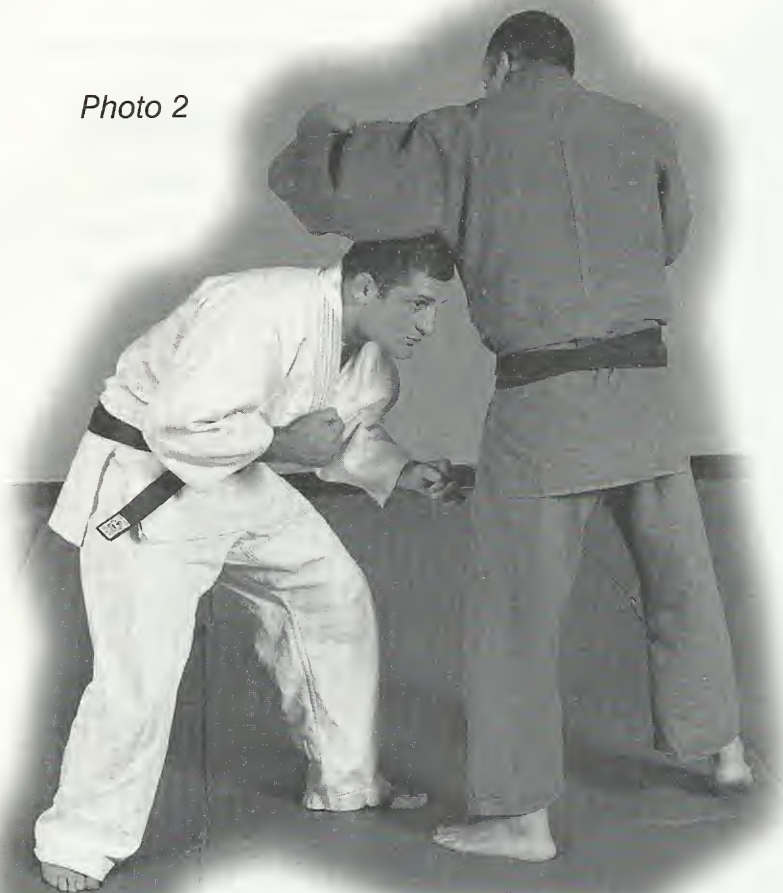


Photo 3



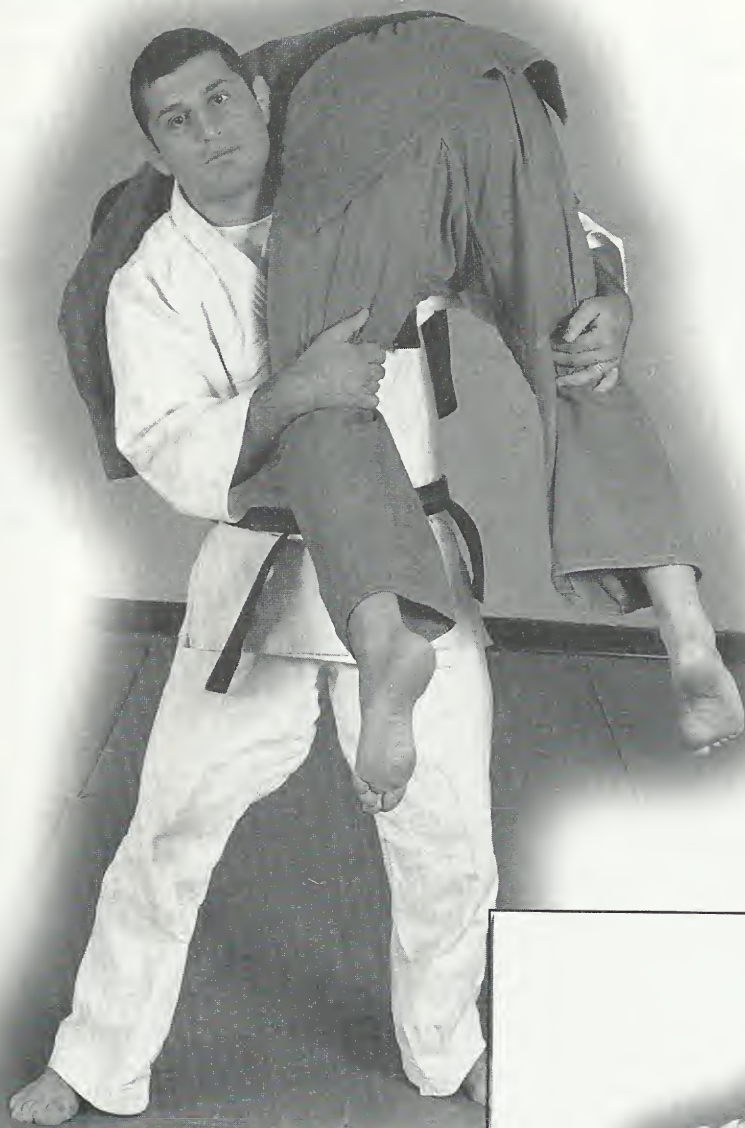


Photo 4

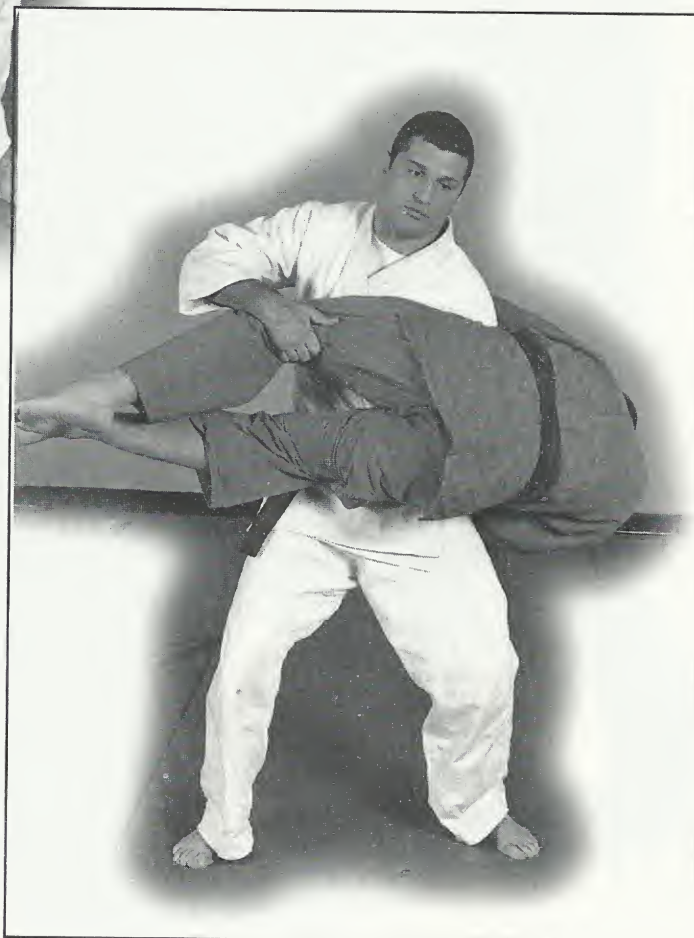


Photo 5



Photo 6

Technique 2

Technique

2

Here we have another takedown that can be used when your opponent throws a punch. This time Ralph will not be slipping under but stepping to the inside of Cesar's punch. This takes away Cesar's needed distance to be effective with his punch. Starting with photo 1, Cesar starts to throw a punch. Ralph then steps in photo 2, and blocks by lifting his arm. He now uses his raised blocking arm to take control of Cesar's arm and hugs Cesar's back with his other hand, photo 3. At this point Ralph steps to the side pulling Cesar downwards, photo 4, and steps to the inside placing Cesar over his hip, photo 5. He now flips Cesar easily over his back, photo 6, and onto the ground, photo 7.

Photo 1



Photo 2

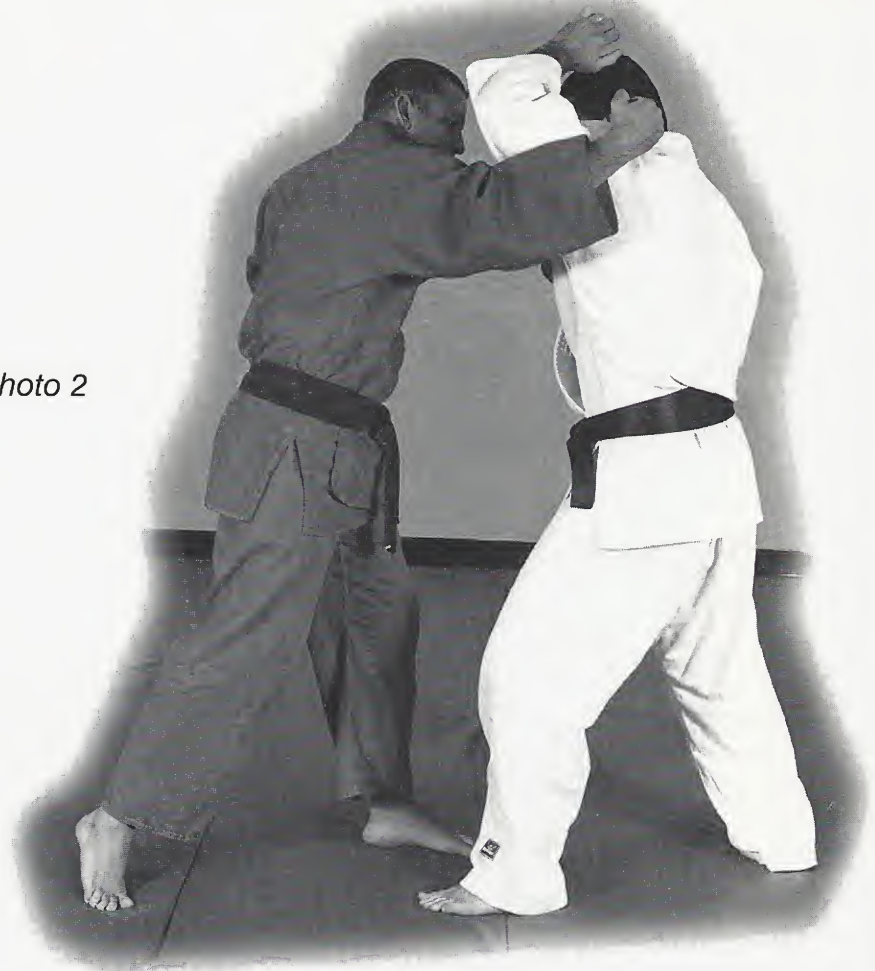


Photo 3

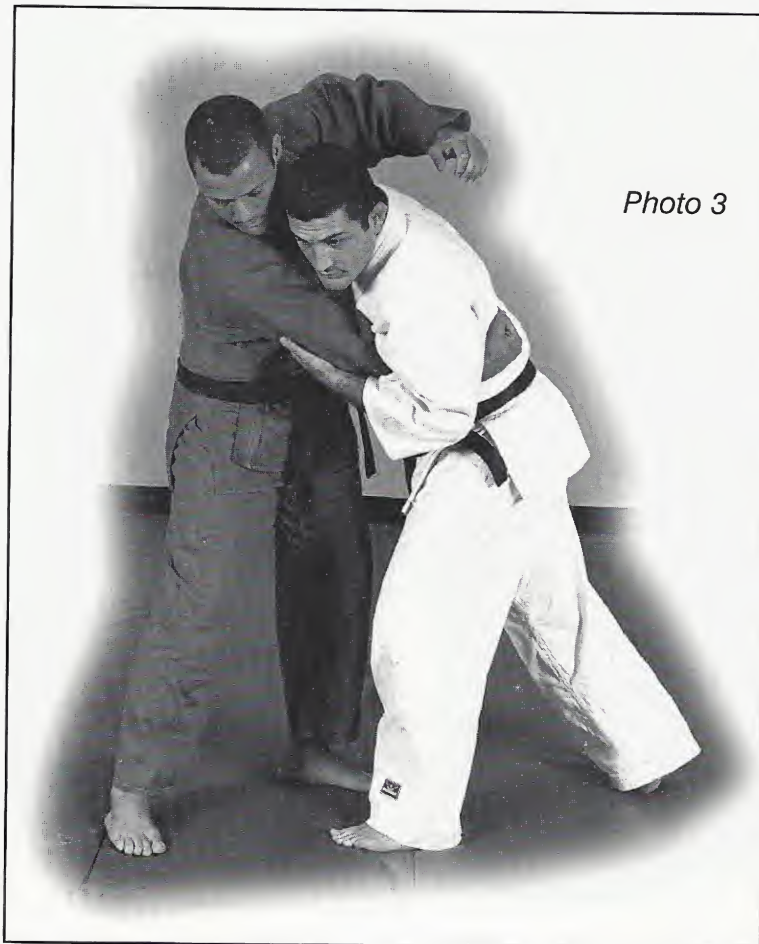




Photo 4

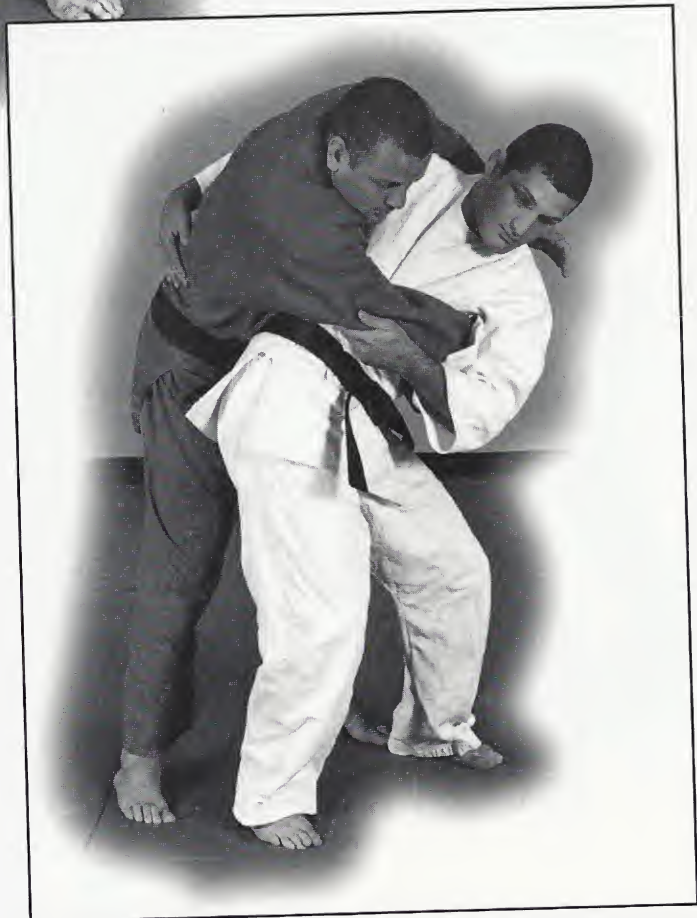


Photo 5



Photo 6



Photo 7

Technique 3

Technique

3

Technique 3 is one that can be used against someone trying to kick you. Starting with photo 1, Cesar tries to kick Ralph with a roundhouse kick. Ralph then steps in, blocking and trapping the leg, photo 2. Ralph now steps in once more, maintaining his hold on the leg with his right arm and getting a hold of Cesar's back with the other, photo 3. He now lifts Cesar up in the air, photo 4, and slams him onto the ground, photo 5. Once again Ralph is left with a great position to finish the fight.



Photo 1



Photo 2



Photo3

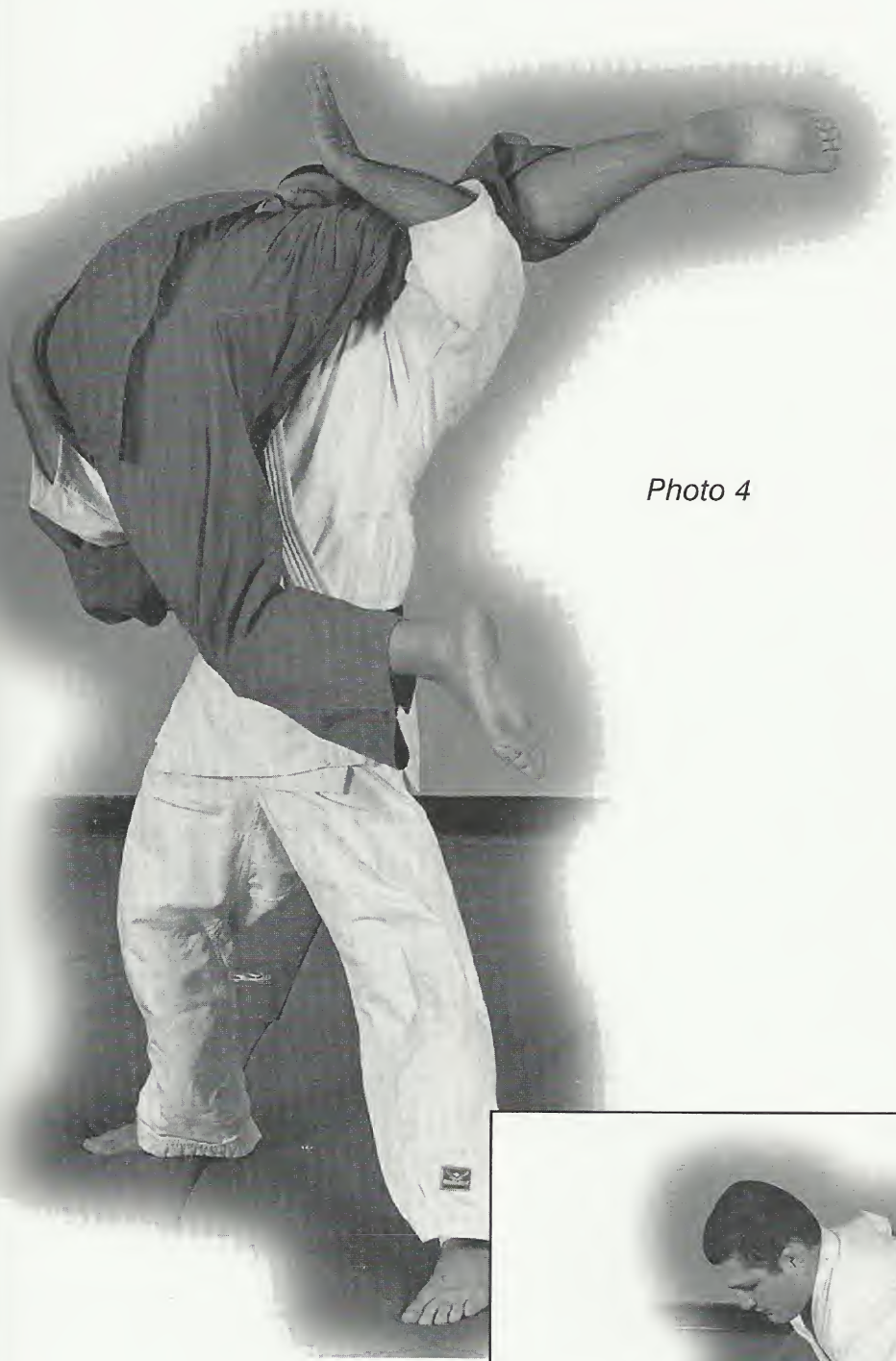


Photo 4



Photo 5

Technique 4

Technique 4 shows Ralph defending against an attacker who tries to push or choke him. Starting with photo 1, Cesar attempts to push Ralph. Ralph responds by driving both his arms upwards between Cesar's to break his grip, photo 2. Ralph then grips Cesar's arm and back, photo 3, and pivots to place Cesar over his hip, photo 4. He now pulls Cesar over his hip while sweeping with his leg, photo 5, keeping the arm tight and secure and follows through with the takedown, photo 6.

Photo 1



Photo 2





Photo 3



Photo 4

Photo 5



Photo 6

Technique 5

Technique

5

Technique 5 is a counter that can be used when your opponent attempts a guillotine choke on you. Starting with photo 1, Cesar grabs Ralph in the guillotine. Ralph then bends his knees, places his right arm over Cesar's shoulder and his left hand under his crotch, photo 2. He now can easily lift Cesar up, Photo 3, and drop him to the ground, photo 4.

Photo 1



Photo 2





Photo 3



Photo 4

Technique 6

Technique

6

Technique 6 is a choke submission that can be applied when you are mounted on your opponent, and he starts to roll over. Starting with photo 1, Cesar is mounted on Ralph. Ralph then decides to roll over to escape the mounted position. As you will see in photos 2 and 3, Cesar does not fight Ralph's movement but lifts his leg allowing Ralph to turn freely. This now leaves Cesar in an excellent position, the side mount. To execute the choke, Cesar reaches around with his left hand, securing Ralph's right collar and places his other hand behind Ralph's neck, photo 4. Cesar now applies the choke by pulling the collar across Ralph's neck and driving his right hand downwards, photo 5.



Photo 1

Photo 2



Photo 3



Photo 4



Photo 5



Technique 7

In the last technique, Ralph rolled to his side and was caught in a choke. This time Ralph will not give in so easy and will block the choke. Cesar will then show how to counter this block, finishing into an armbar. Starting with photo 1, Cesar has mounted Ralph. Once again Cesar allows Ralph to roll over, photo 2. Cesar then attempts the choke but Ralph blocks by not allowing Cesar to get a hold of his collar, photo 3. Cesar then counters by shifting his weight forward over Ralph, gripping his own collar to secure Ralph's arm tightly, photo 4. He then places his hand in front of Ralph's face, photo 5, and swings his left leg around to obtain the armbar, photo 6.

Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6



Technique 8

Technique

8

This technique is another armbar that can be performed from the mounted position. Starting with photo 1, Cesar is mounted on Ralph. Cesar then reaches under Ralph's elbow, photo 2, and pulls it tightly into his shoulder, photo 3. Notice that now that Cesar has Ralph's arm, he is leaning onto his own arm to maintain his base. Cesar now shifts his weight from his arm to his head, photo 4, places his other hand underneath Ralph's elbow and slides his left knee over Ralph's chest, photo 5. At this time Ralph's arm is completely straight and Cesar can apply severe pressure to his elbow by pulling upward.

Photo 1



Photo 2



Photo 3





Photo 4



Photo 5

Technique 9

In technique 9, Cesar will execute a cross side to mount technique. Starting with photo 1, Cesar is cross side on Ralph. Cesar then switches his legs, photo 2. This switching of the legs, enables Cesar to now throw his right leg over the top of Ralph, photo 3. Cesar now completes the move by placing his leg completely over Ralph, photo 4, and obtaining the mount, photo 5.

Photo 1

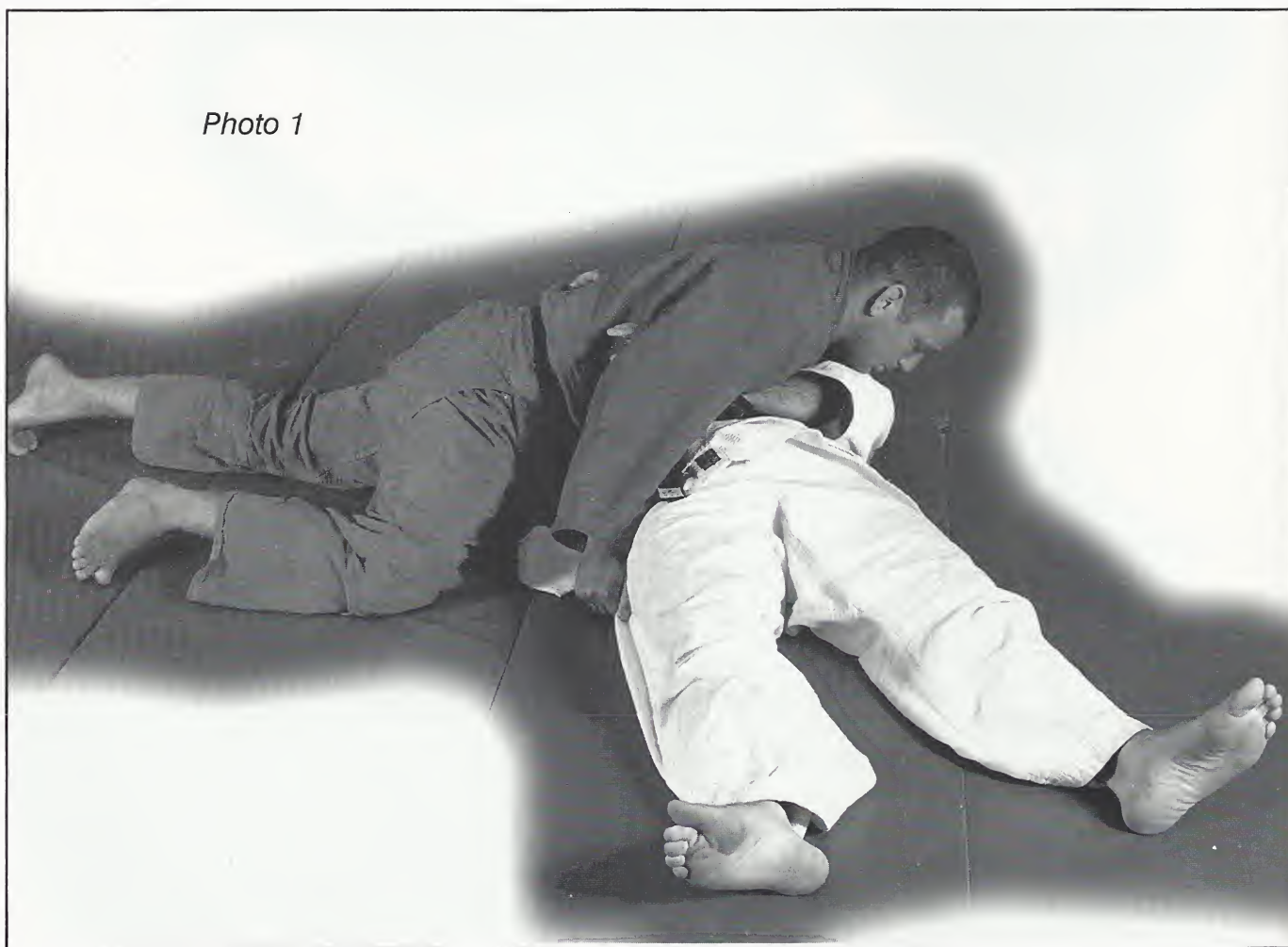




Photo 2



Photo 3

Photo 4



Photo 5



Technique 10

Technique

10

In this technique, Ralph will try to escape Cesar's mount. Cesar will then counter his attempt and finish him with a triangle choke. Starting with photo 1, Cesar is mounted on Ralph. Ralph then attempts to escape by placing his arm under Cesar's leg and trying to throw him off, photo 2. Cesar then pulls Ralph's head and arm up, photo 3, and slides his leg under his neck, photo 4. As you can now see, Cesar almost has a triangle choke on Ralph and just needs to roll over to finish the move. Next, Cesar keeps Ralph tight, makes the roll, photo 5, and locks his right foot under his left knee to finish the technique, photo 6. To add more pressure, Cesar can pull Ralph's head down and lift his hips up, photo 7.

Photo 1

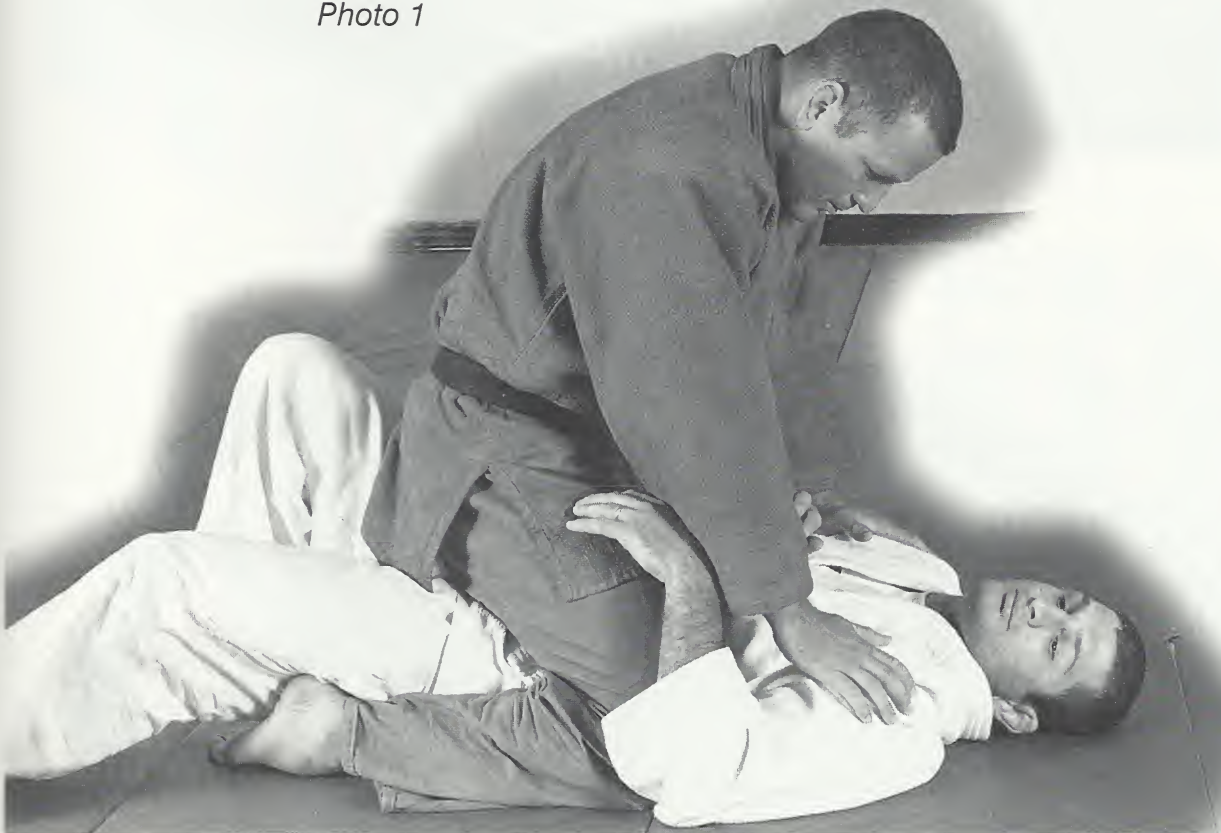


Photo 2



Photo 3





Photo 4



Photo 5

Photo 6



Photo 7



Technique 11

Technique

11

This next technique is another armbar from the mount. Previously, Cesar did a similar armbar when Ralph tried to roll over. This time Ralph will show you how to execute the same armbar by forcing your opponent to roll over. Starting with photo 1, Ralph has the mounted position and has placed his right hand on Cesar's collar. He then lifts his right leg and places his left hand on Cesar's elbow, photo 2. Ralph now starts to roll Cesar over by pushing on his arm and using his chest, photos 3 and 4. Ralph now starts to slide around, photo 5, and places his hand in front of Cesar's face getting ready to make his move, photo 6. Ralph now quickly swings his leg around, transfers his hand to Cesar's arm and sits back, photos 7 and 8. At this time Ralph has the armbar and only needs to raise his hips to cause severe pain, photo 9.

Photo 1



Photo 2



Photo 3



Photo 4



Photo 5

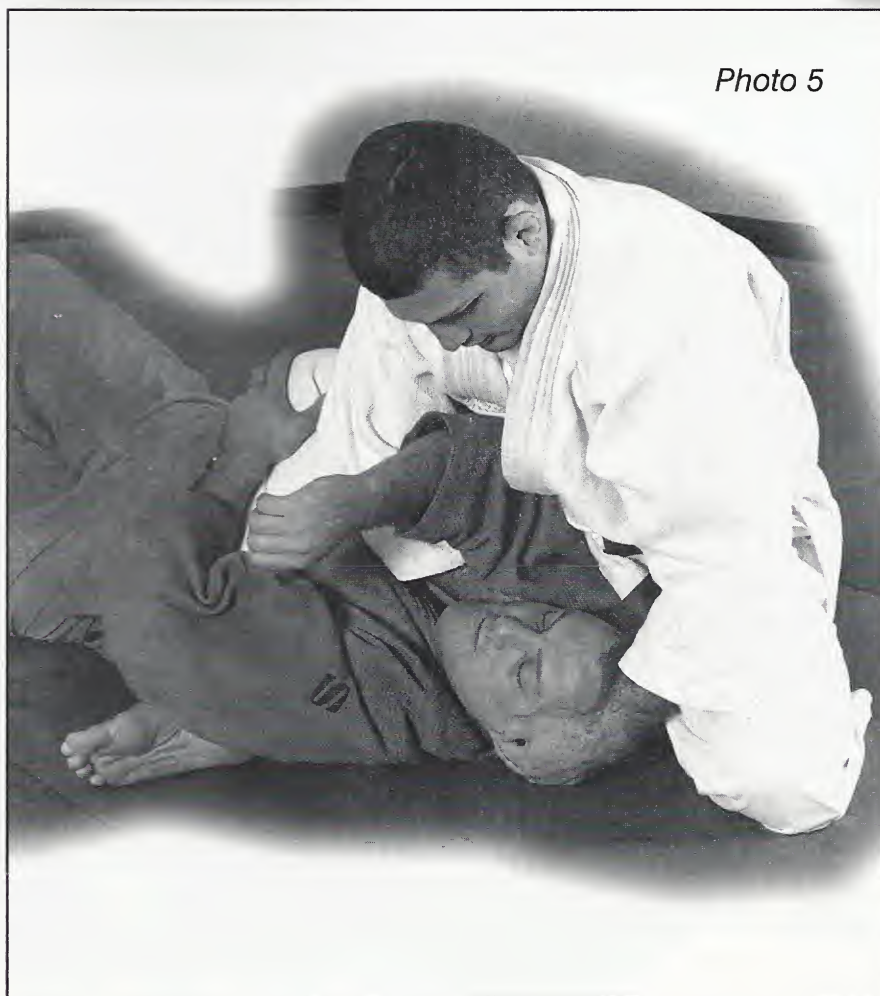


Photo 6

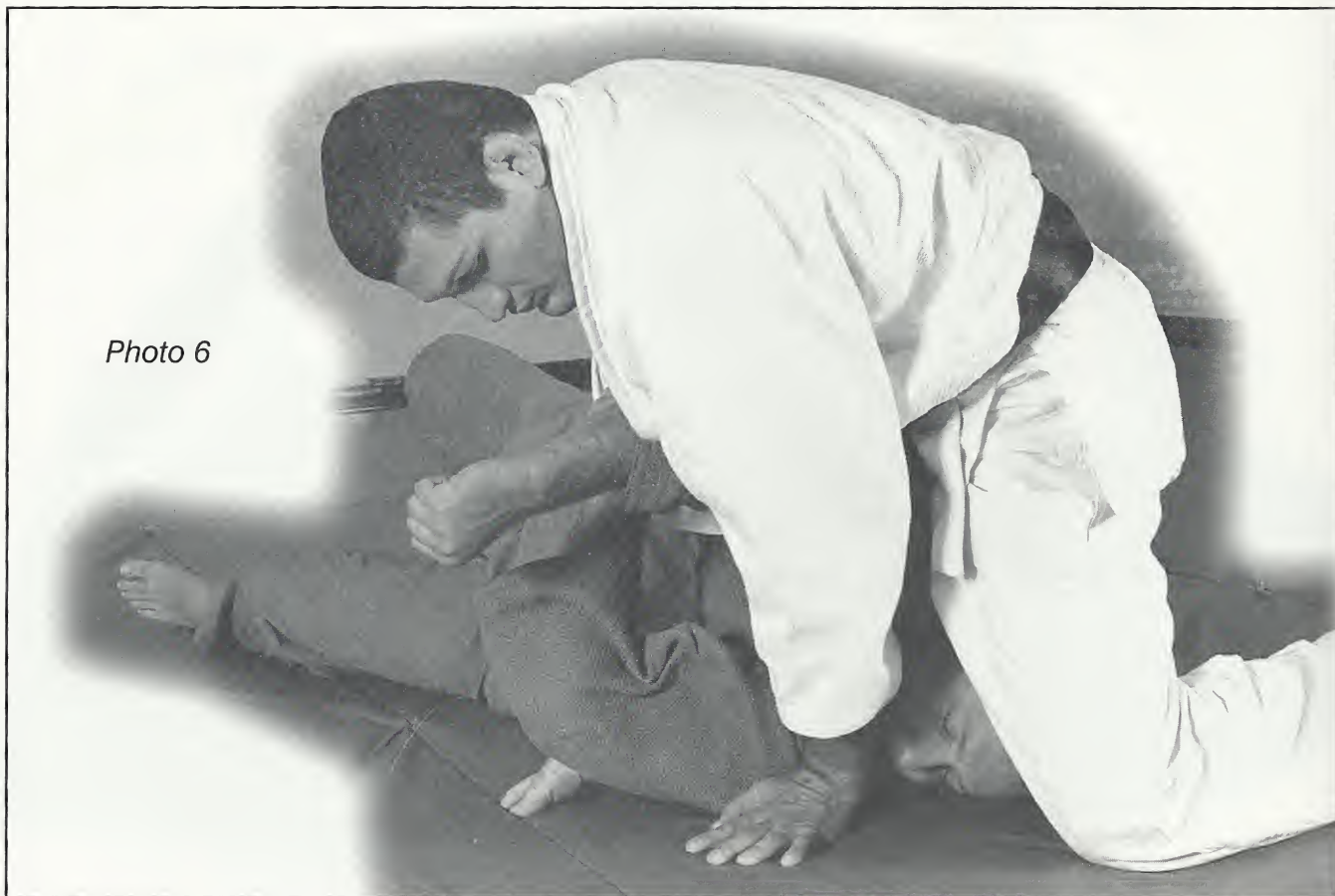


Photo 7

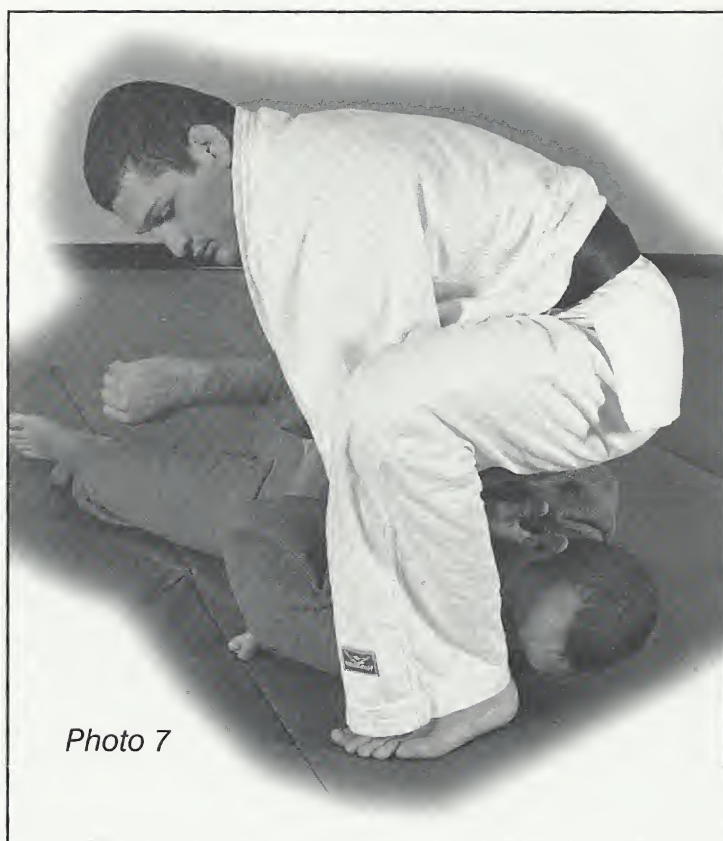


Photo 8



Photo 9

Technique 12

Starting with technique 12, Cesar and Ralph will demonstrate some submissions that can be performed from the cross side position. Starting with photo 1, Cesar has the cross side position on Ralph. Cesar then sits up slightly and switches his legs, photos 2 and 3. Notice how as Cesar switches his legs, he has pulled Ralph's right arm tightly to his side, holding behind his elbow. Cesar then places his left foot over Ralph's head and cranks back on his arm to deliver an elbow lock, photos 4 and 5.



Photo 1

Photo 2



Photo 3



Photo 4



Photo 5



Technique 13

Technique

13

Technique 13 is a shoulder lock from the cross side position. Starting with photo 1, Cesar has Ralph in the cross side position and takes a hold of his wrist. Cesar now slides his left hand under Ralph's arm, and grips his right wrist, photo 2. Now Cesar will roll over to his right side, bend Ralph's arm, photo 3, and places his leg over Ralph's head, photo 4. Cesar will now drive the arm backwards, towards Ralph's head to deliver a devastating shoulder lock.

Photo 1



Photo 2

Photo 3



Photo 4

Technique 14

Technique

14

Once again we start with Cesar on the cross side position, photo 1. Cesar then hugs Ralph's arm tightly and grips his own collar, photo 2. Cesar now starts to work his way around Ralph, keeping his body tight and still keeping a hold on his own collar, photos 3 and 4. Cesar now ends up on the other side of Ralph, photo 5 and sits down into the armbar, photo 6.



Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6

Technique 15

Technique 15 is an armbar very similar to technique 14. The main difference is that this time we will be starting from the knee on stomach position. Starting with photo 1, Cesar has obtained the knee on stomach position. You can also see that Ralph has put his hand on Cesar's knee to prevent him from getting the mount and to release some of the pressure on his stomach. Cesar will now place his hand under Ralph's arm and pull it towards him, photos 2 and 3. Cesar now maintains his grip on the arm and spins around Ralph so he is now on the other side of him, photos 4 and 5. Now, just like technique 14, Cesar finishes by sitting into the armbar, photo 6.

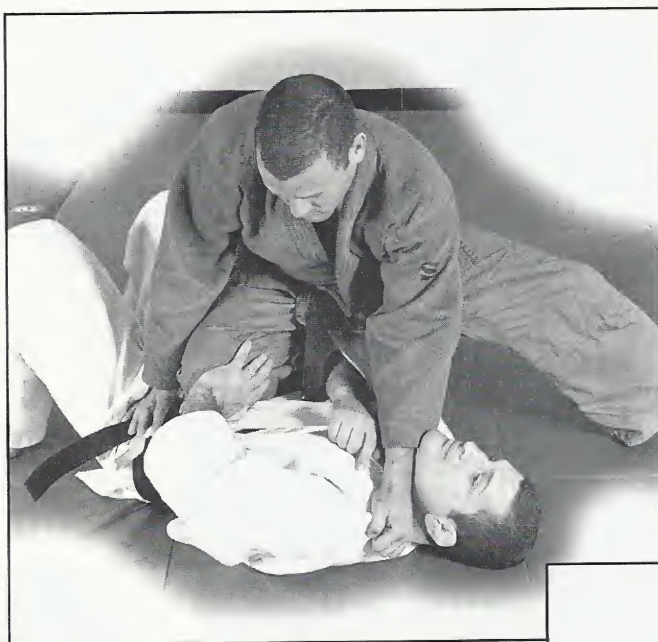


Photo 1

Photo 2





Photo 3



Photo 4



Photo 5

Photo 6



Technique 16

Technique

16

This technique will be a cross choke from the knee on stomach position. This type of choke requires the thumbs to be placed deep into the collar to execute the choke. Starting with photo 1, Cesar has obtained the knee on stomach position on Ralph. Notice that Cesar has gripped onto Ralph's collar with his left hand. Cesar now slides his other hand into the other side of Ralph's collar, photo 2. Cesar now delivers the cross choke by placing his head on the mat and expanding his chest by pulling his elbows back, photo 3.

Photo 1





Photo 2



Photo 3

Technique 17

Technique

17

Technique 17 is a variation of 16. It can be used when you are going for the cross choke and your opponent blocks your hand preventing you from finishing the move. Starting with photo 1, Cesar is going for the cross choke again from the knee on stomach position. As you can see, Ralph has blocked Cesar's right hand and will not allow him to get a hold of his collar. Cesar now counters by grabbing Ralph's arm instead, photo 2. Now, Cesar grabs his own collar and swings his left leg around, sitting into the arm bar position, photo 3. Cesar now finalizes the armbar by laying back and raising his hips, photo 4.



Photo 1



Photo 2



Photo 3



Photo 4

Technique 18

Technique

18

Beginning with technique 18, we will be looking at submissions that can be performed from the Guard position. Starting with photo 1, Ralph has placed Cesar in his guard. Cesar now gets ready to stand up by placing his left foot on the mat, photo, 2. As Cesar does this, you can see that Ralph has placed his right hand behind Cesar's foot and has taken a hold of Cesar's elbow with his left hand. Ralph now pivots and starts to swing his left leg around, photo 3. Ralph now places his leg over Cesar's head, photo 4. It's important to keep a firm grip on your opponents elbow throughout this move. As you can now see, Ralph now has Cesar's arm in between his legs and needs to simply lift his pelvis up to deliver the armlock, photo 5. Notice also how Ralph keeps Cesar's wrist tight to his chest. This is an important part of delivering a good armlock.

Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Technique 19

Technique 19 is a very effective shoulder lock from the guard. Starting with photo 1, Ralph has placed Cesar in his guard. Ralph then takes a hold of Cesar's left arm and starts to push his head away, photo 2. Ralph then swings his right leg completely over, locking down over Cesar's shoulder with his leg, photos 3 and 4. Ralph now sits up placing his weight on Cesar's back and locking his right foot under his left knee, photos 5 and 6. Ralph can now intensify the pain by how far forward he leans.

Photo 1

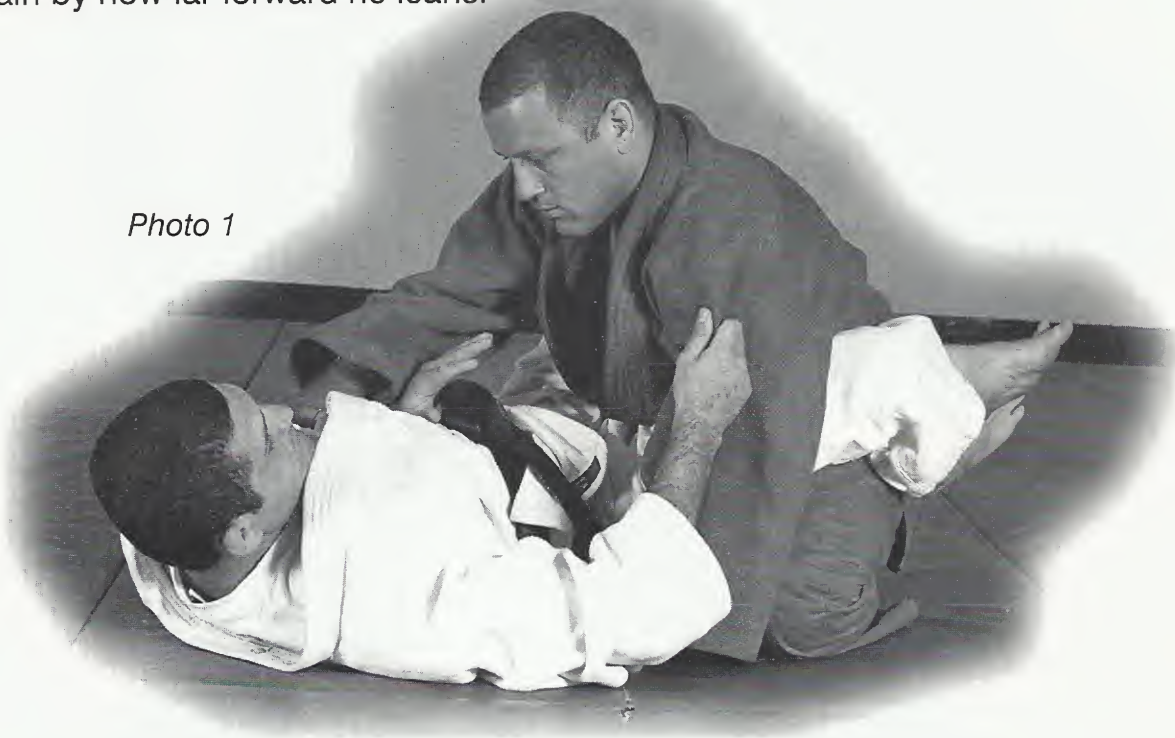


Photo 2



Photo 3



Photo 4



Photo 5

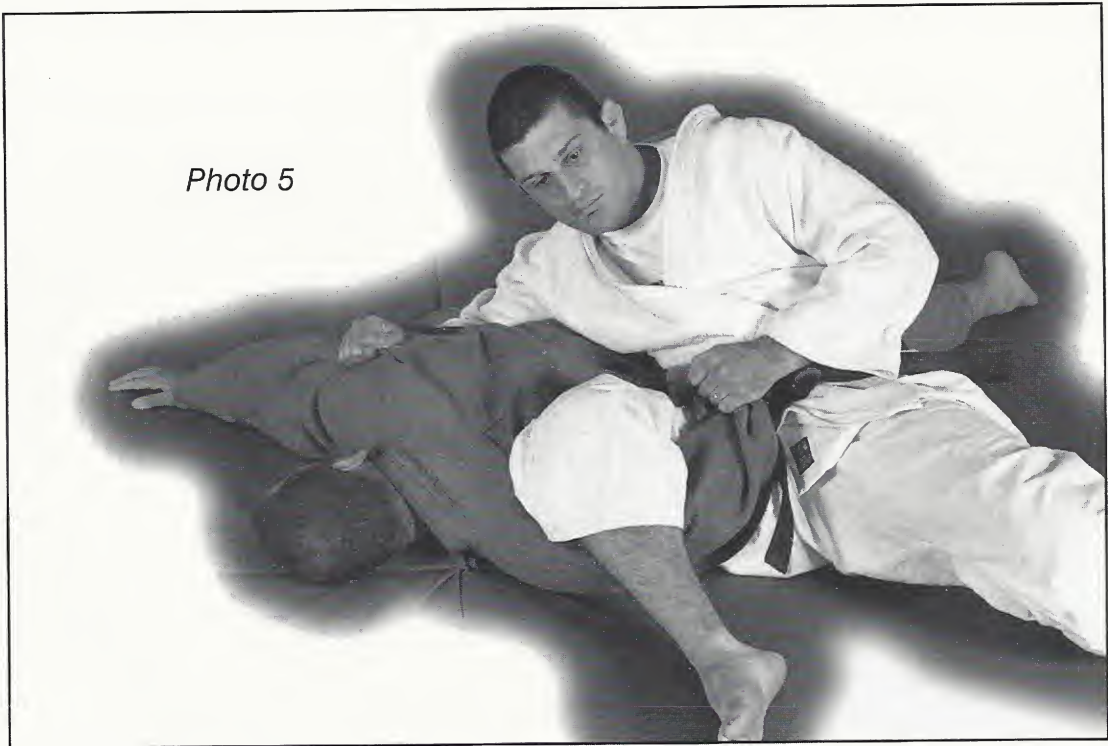


Photo 6

Technique 20

Technique
20

This technique is another shoulder lock from the guard. Starting with photo 1, Ralph once again has Cesar in his guard. Ralph then places his right arm on Cesar's back and the other on the floor, photo 2. Now Ralph starts to push Cesar back, causing Cesar to place his right arm on the mat to prevent himself from falling back, photo 3. Ralph now figure-fours Cesar's arm and sits back, photo 4. Ralph now slides his hip out, lifts his leg over and rotates the arm towards Cesar's head to deliver the shoulder lock, photos 5 and 6.

Photo 1



Photo 2

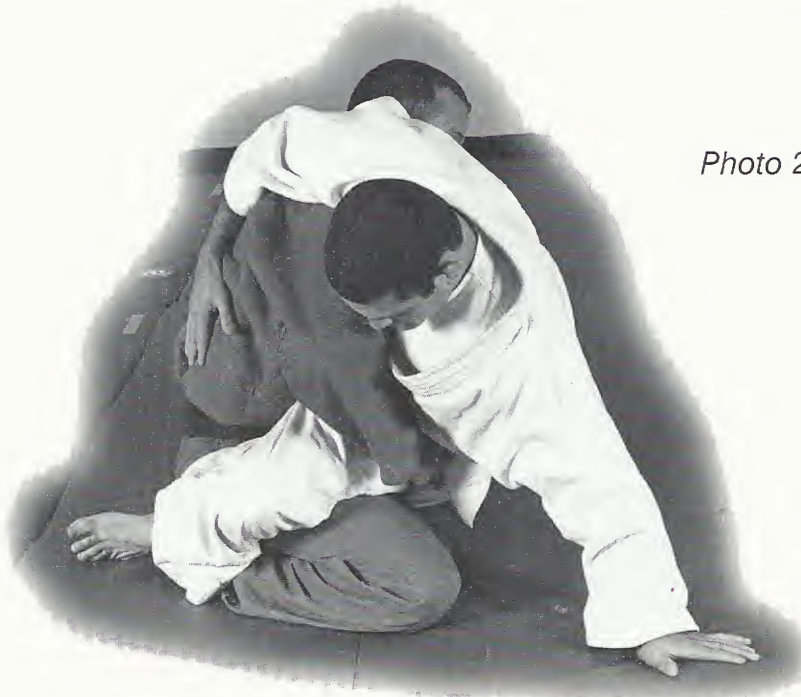


Photo 3



Photo 4



Photo 5



Photo 6



Technique 21

Technique 21 is a sweep done from the guard. This move is often used when your opponent attempts to stand up. Starting with photo 1, Ralph has Cesar within his guard. Cesar then begins an attempt to stand up by putting his left foot on the ground, photo 2. Ralph will now place his right leg in Cesar's stomach and his left leg on the mat near Cesar's knee, Photos 3 and 4. Ralph now uses his legs in a scissors like motion and sweeps Cesar over until he has obtained the mounted position, photos 5 and 6.



Photo 1

Photo 2



Photo 2

Photo 3



Photo 4



Photo 4



Photo 5



Photo 6

Technique 22

Technique

22

Technique 22 is another sweep. This sweep starts from what is called the open guard. This is where you are controlling your opponent with your legs open instead of closed. Starting with photo 1, Ralph has Cesar within his guard holding his arm and leg. Ralph then pulls Cesar forward making him lose his balance, photo 2, and then rolls him over, photos 3 and 4. Now Ralph continues rolling with Cesar onto his side and then into the knee on stomach position, photo 5.

Photo 1

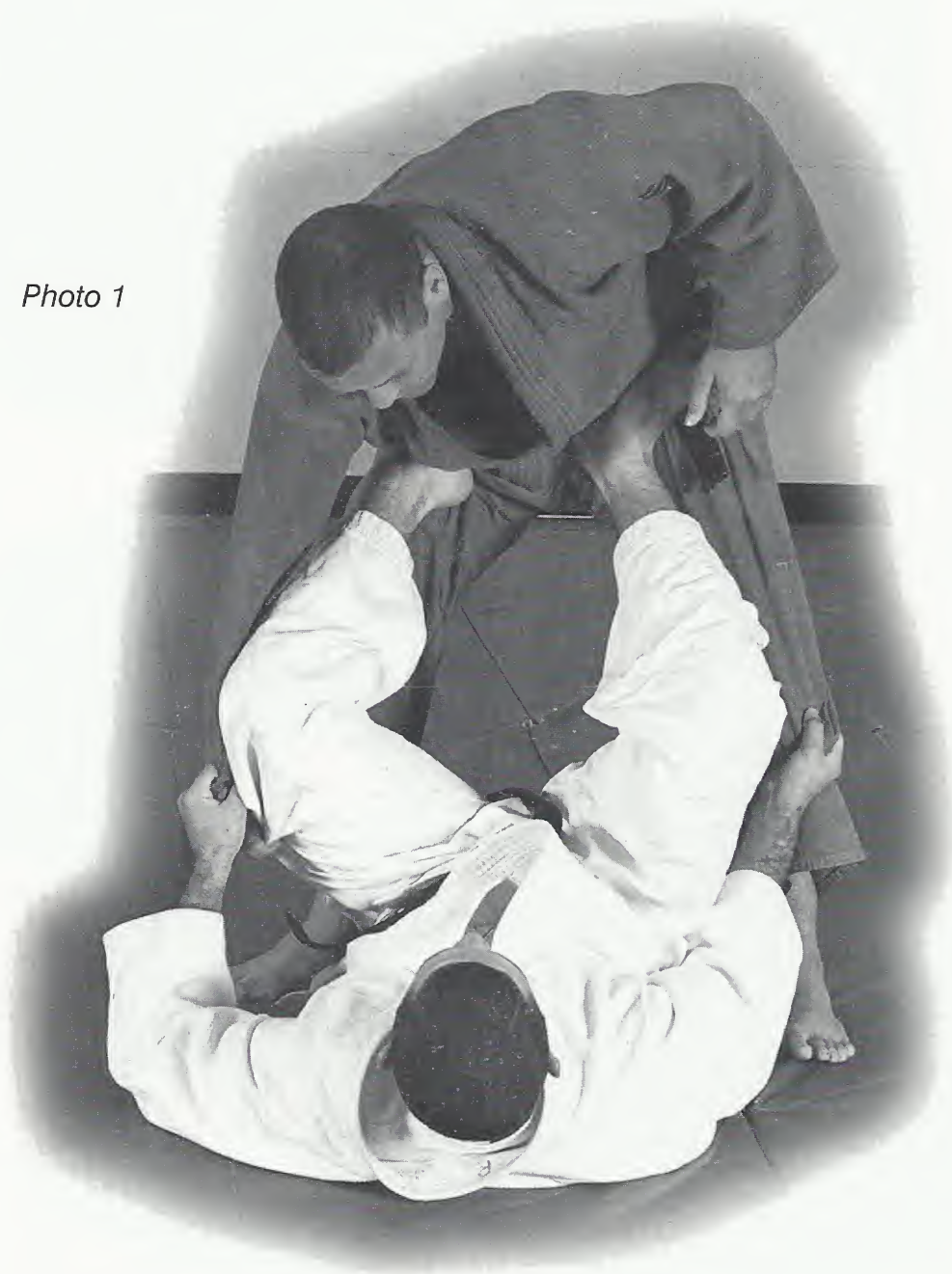


Photo 2



Photo 3

Photo 4

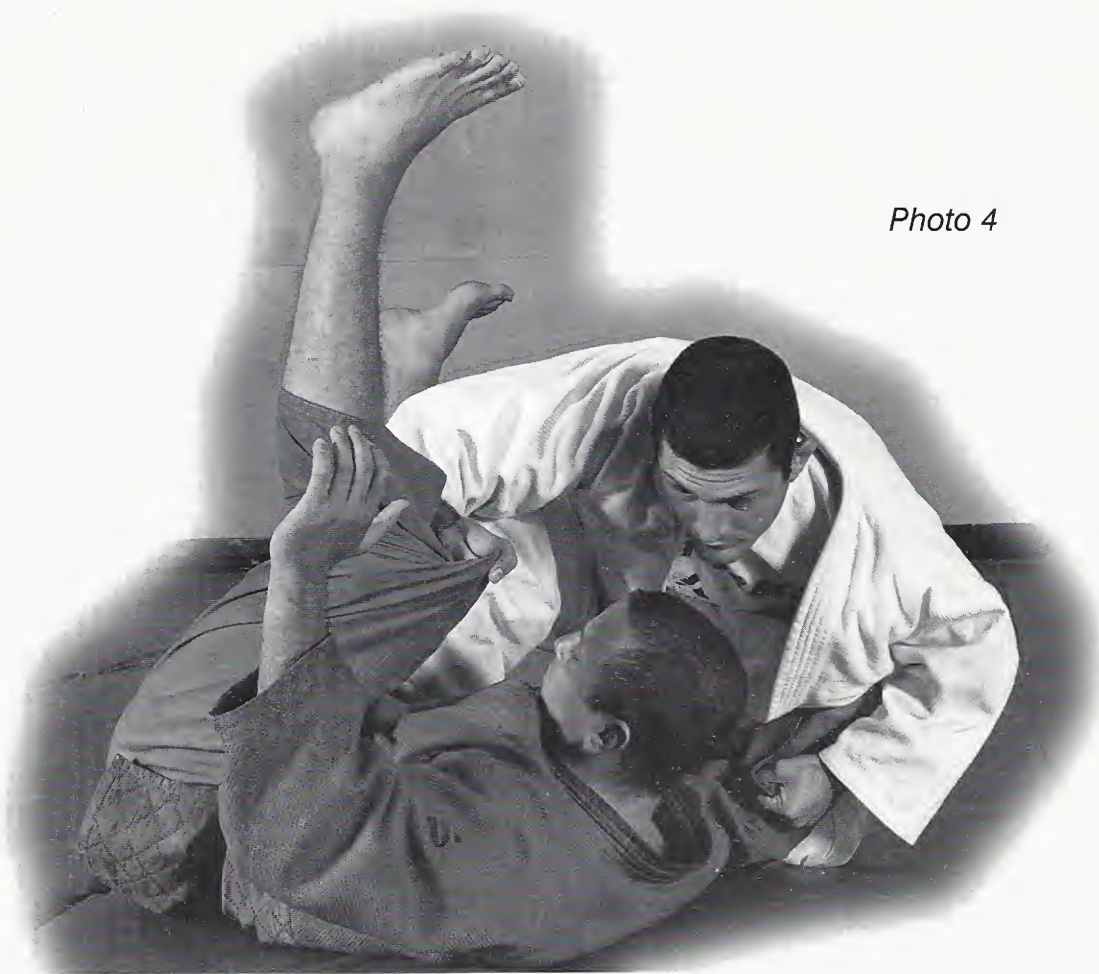
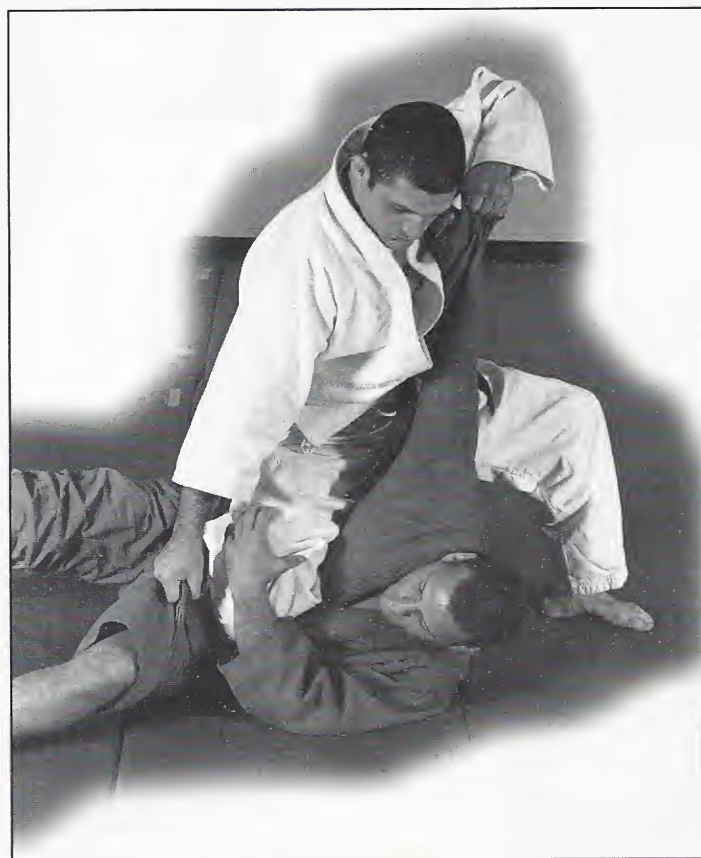


Photo 5



Technique 23

In technique 23, Ralph will demonstrate how to open and pass the legs of a person who has you in the guard. Starting with photo 1, Cesar has placed Ralph in his guard. Ralph then takes hold of Cesar's uniform and lifts him up off the mat, photos 2 and 3. Ralph now places his elbows on Cesar's legs and uses leverage to pry his legs open as he slams him onto the mat, photos 4 and 5. Ralph now takes hold of Cesar's legs, steps back and drives them down to the mat, photos 6 and 7. Ralph now shoots his left knee in obtaining the knee on stomach position to complete the move, photo 8.



Photo 1



Photo 2

Photo 3



Photo 4





Photo 5



Photo 6

Photo 7

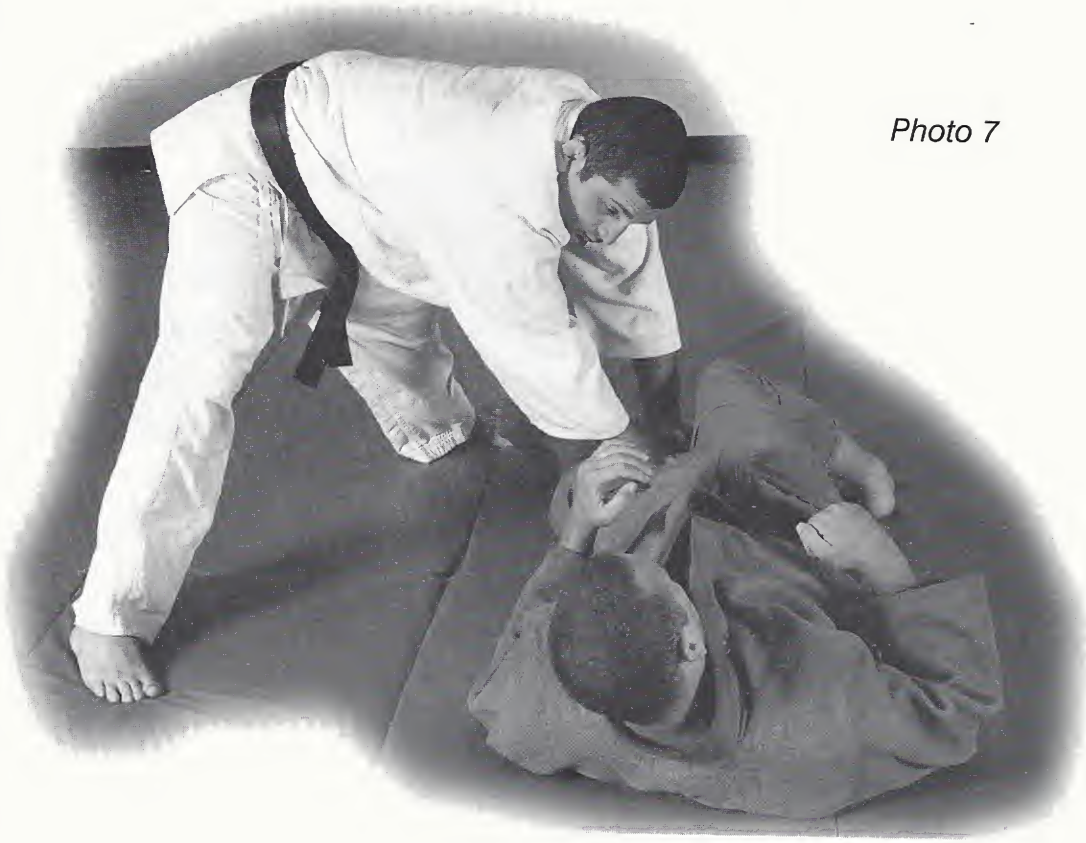


Photo 8



Technique 24

Beginning with technique 24, we will look at techniques from the back position. In this series of moves, Ralph will show you how to avoid an opponent's takedown attempt and get his back to finish him. Starting with photo 1, Cesar is preparing to shoot in on Ralph's legs for a takedown. Ralph then sprawls back keeping Cesar from getting his legs, photo 2. Ralph now starts to work his way around Cesar, keeping his weight over his back, photo 3. Ralph continues on until he is completely behind Cesar with both arms around his chest, photo 4. Ralph now starts to "put in the hooks" by securing his feet inside Cesar's legs, making it almost impossible for him to escape, photos 5 and 6. Now Ralph will drive his hips forward and break Cesar down so that he is flat on the ground, photo 7. Once Ralph has obtained this position, Cesar will be virtually helpless. Ralph will now finish with a submission hold by getting Cesar's collar with his left hand and applying the choke, photos 8 and 9.

Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6



Photo 7



Photo 8



Photo 9

Technique 25

Technique

25

This submission hold is sometimes called a rear naked choke because the uniform is not employed during the choke. It is very effective and will make your opponent pass out if he doesn't tap out. Starting with photo 1, Ralph has obtained the rear mounted position on Cesar. Ralph will then pull Cesar's head up with his left hand and slide his other arm under his neck, photos 2 and 3. It is important to get your arm deep around your opponent's neck with your elbow directly under his chin. Ralph will now take his free hand and place it behind Cesar's head, photos 4 and 5. Ralph now squeezes tightly around Cesar's neck and pushes forward with his left hand. This will cut off the blood supply to the head and force the opponent to either tap out or be put to sleep.



Photo 1

Photo 2



Photo 3



Photo 4



Photo 5



Technique 26

Technique

26

This particular submission is another that can be done from the back. Here Cesar will show a choke using Ralph's collar. Beginning with photo 1, Cesar is on Ralph's back pulling his left lapel downwards. He now slides his right hand deep into Ralph's left lapel, photo 2. It is important to know that you must put your thumb on the inside and the rest of your fingers on the outside when doing this choke. Cesar will now pull the right side of Ralph's collar downward as he pulls the left side across, photos 3 and 4.

Photo 1



Photo 2





Photo 3



Photo 4

Technique 27

Technique 27 is an armbar that Ralph will perform from the back position. Beginning with photo 1, Ralph has obtained the back position on Cesar. Ralph now gets a good hold on Cesar's left arm and begins to push his head away, photo 2. Ralph now continues to push Cesar's head away and pulls his arm until it is extended straight out, photo 3. Ralph now lifts his left leg onto Cesar's chest and slides his right leg over Cesar's face, photos 4 and 5. Ralph now has Cesar in the armbar and needs only to lift his hips to finish the move.

Photo 1



Photo 2

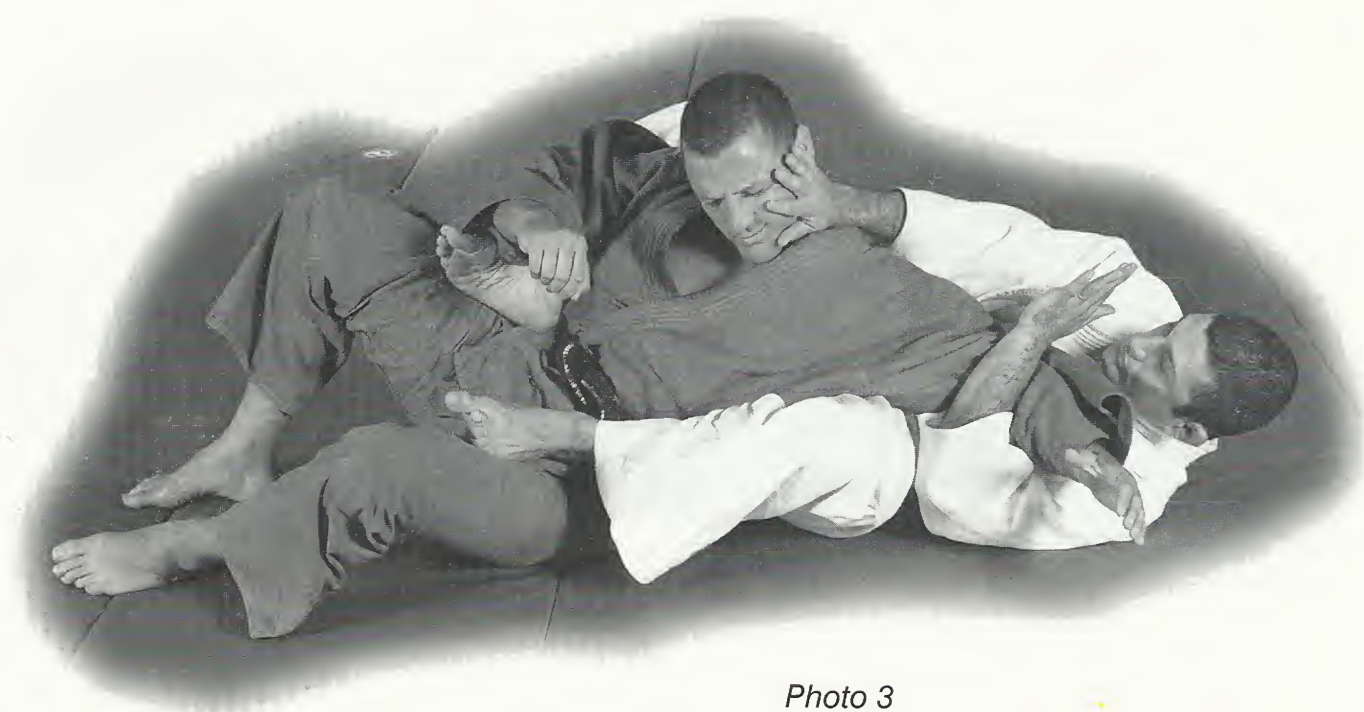


Photo 3

Photo 4



Photo 5



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